

Pot Roast with Savory Vegetable Gravy

(makes 8 servings)

- olive oil cooking spray
- 1 4-pound (1.9 kg) rump roast
- 2 large onions, 1 pound (480 g) total, sliced
- 3 garlic cloves, peeled
- 1 whole clove
- 2 bay leaves, broken in half
- 1 teaspoon (5 ml) crushed dried thyme
- 1 carrot, 2 ounces (60 g), peeled and sliced
- 1 rib of celery, 2 ounces (60 g), chopped
- 3 cups (720 ml) fat-free low-sodium beef broth
- freshly ground pepper

1. Preheat oven to 325°F (160°C). Lightly spray an oven-proof covered roasting pan with cooking spray. Brown the roast on all sides over medium-high heat.
2. Surround the roast with the onion and garlic. Add the whole clove, bay leaves, thyme, carrot, celery, and beef broth. Bring to a simmer on top of the stove. Cover and place pan in the oven. Roast until the beef is fork tender, about 3 1/2 hours.
3. Remove the roast and let stand on a carving board, covered with a sheet of aluminum foil for 15 minutes before slicing.
4. Transfer the vegetables and pan juices to a large strainer; discard the clove and bay leaves. Using the back of a large spoon, force the vegetables through the strainer to thicken the pan juices to make a gravy. Remember to incorporate the brown caramel colored bits around the sides of the roaster. Remove and discard any visible fat. Place the gravy in a saucepan and heat, stirring until thickened and smooth. Season to taste with pepper.
5. To serve, slice the pot roast into thin slices against the grain and nap with the gravy.

Per 4-ounce serving plus 2 tablespoons gravy: 242 calories (22% calories from fat), 42 g protein, 6 g total fat (2.5 g saturated fat), 3 g carbohydrate, 1 g dietary fiber, 102 mg

cholesterol, 63 mg sodium

Exchanges: 4 lean meat

tip: The Vegetable Gravy is wonderful when used later to make hot beef sandwiches with any leftover beef slices.